AMENDMENT A
(37 C.F.R. 1.111)

IN THE SPECIFICATION:

Please amend the specification in accordance with 37 C.F.R. 1.121.

On page 5, the paragraph starting on line 16-19, amend line 17 to add: -- , including a parallel elongate bar 8a, --.

In the paragraph starting on page 5, line 20 and ending on line 5 on page 6 of the specification, amend line 4 on page 6 to make reference to items enumerated 15.

In the consecutive paragraphs starting on page 6, line 6 and ending on line 18 on page 6 of the specification, amend lines 10 and 13 to make reference in line 10 to item enumerated 61 in the drawings and to delete reference to "the support tube" in line 13.

In the consecutive paragraphs starting on page 7, line 4 and ending on line 17 on page 7 of the specification, amend lines 11, 12, 14 and 15 to make reference reference to enumerated items α, β and A, B, C in lines 11 and 12, and enumerated items 5, 6, 1 and 7 in lines 14 and 15.

The affected amended paragraphs are attached herein on separate sheets.

IN THE ABSTRACT:

Please delete the words "so disclosed" in line 5 of the Abstract as filed. An amended Abstract is attached herein on a separate sheet.

AMENDMENT TO SPECIFICATION

[Deleted material is struck-through and added material is underlined]

On page 5, the paragraph starting on line 16-19, amend line 17:

A vertical bar member 58 is fastened obliquely to the horizontal base 59. The upper rocking bar member 8**, including a parallel elongate bar 8a,** is provided with a predetermined number of through holes located on the side and is pivoted by means of a pivot assembly 62 that comprises of a flange and bushing, or a bearing and sleeve assembly that allows the upper rocking bar member 8 to pivot.

In the paragraph starting on page 5, line 20 and ending on line 5 on page 6 of the specification, amend line 4 on page 6:

A lower rocking rod member 54 comprises two parallel beams, one support tube fastened to the two parallel beams. The lower rocking bar member 54 is arranged at both sides of the vertical bar member 58 by means of the two parallel beams. Located between two parallel beams and the vertical bar member 58 are two flanges not shown in the drawing for simplicity. A bushing or a bearing and sleeve assembly is horizontally inserted through the vertical bar member 58. A ½-13 UNC x 4.75" bolt **15** is put through the two parallel beams, flanges and bushing, or a bearing and sleeve assembly and is then fastened with a nut.

In the consecutive paragraphs starting on page 6, line 6 and ending on line 18 on page 6 of the specification, amend lines 10 and 13:

As shown in Figs. 6a and 6b, a connection rod 19 comprises a plastic or rubberized cover 25, and a nut 26,and a washer 27, and a spring 29, and two spring caps 30, and a bearing. The connection bar 19 has 20 predetermined through holes that allow variations in the fulcrum via the shuttle 22 (shown in Figs. 4a-4b and 5a-5b). The bearing of the connection bar is connected to the side of the lower rocking member 54 pivotally by a ½-20 UNC x 2" bolt **through bushing 61**. As shown in Figs. 4a-4b and 5a-5b, the upper portion of the connection bar 19 is pivoted to the upper rocking bar members 8 via the shuttle 22 and key pins 23 and 24.

A seat pad **55** is fastened securely ~~**to the support tube 55 of**~~ **at one end** the lower rocking bar member 54. A back pad 51, as shown in Fig. 1, comprises of a support tube, and a backrest rod, which secures the backrest to the lower rocking member 54, and a rolling wheel 63 is pivotally mounted on the support tube so that the back pad 51 is held on to the vertical tube member 58 when the lower rocking bar member 54 is caused to rock upwards and downwards. The back pad 51 is detachably pivoted between the two members 54 and 58.

In the consecutive paragraphs starting on page 7, line 4 and ending on line 17 on page 7 of the specification, amend lines 11, 12, 14 and 15:

The operation of the exercise machine of the present invention is schematically illustrated in Figs. 2a-2c, 3 and 7a-7d. An exerciser is seated on the seat pad 55, with both hands holding the handle 8, which is then pushed upwards. The force exerting upwardly on the handle 8 is designated as F. Through the two lever actions of the upper rocking bar member 8 and the lower rocking bar member 54, if the force F is greater than the force exerting on the seat pad 55 by the body weight W of the exerciser and the resultant force (F+W) of a reactive force F' of the seat pad 55, the handle 8 can be pushed upwards so as to cause the seat pad 55 to rise. It must be noted here that the displacement quantity ~~**alpha**~~ **α** range of the handle 8 **as the handle 8 is moved from illustrated positions A to B and back or from A to B to C and back,** must be greater than the displacement quantity ~~**beta**~~ **β** range of the seat pad 55 **as the seat pad 55 moves from illustrated positions A to B and back or from A to B to C and back,** so as to permit the exerciser to push the handle 8 upwards in a comfortable manner, as illustrated in Figs. 2a-2c.

As shown in Fig.7a, use of a detachable horizontal fixture **5**, **with a V-shaped portion 6** ~~**the V-bar 5**~~, can be attached to the handle of the upper rocking member 8 via the threaded end caps 3 **with pivotable fittings 1, which insert at handle grip ends 7,** to provide another variation of use similar to the previously mentioned operation. An exerciser may use the exercise machine of the present invention by sitting, kneeling or standing on the seat pad 55.